

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Bible Study

April 16, 2024

“Improving your Physical Health”
Proverbs 4:21-22

“Don’t ever forget my words; keep them always in mind. They are the key to life for those who find them; they bring health to the whole body.” (NCV)

I. Components for Improving Your Physical Health

Listed below are various elements that can help you to better your physical condition.

1. The right _____ are a vital element for believers to improve their physical health.

Daniel 1:8

“But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.” (NLT)

2. The right _____ are a vital element for believers to improve their physical health.

Daniel 1:9-12

“Now God had given the chief of staff both respect and affection for Daniel. 10) But he responded, “I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded.” 11) Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah. 12) “Please test us for ten days on a diet of vegetables and water,” Daniel said.” (NLT)

3. The right _____ are a vital element for believers to improve their physical health.

Daniel 1:13-14

“At the end of the ten days, see how we look compared to the other young men who are eating the king’s food. Then make your decision in light of what you see.” 14) The attendant agreed to Daniel’s suggestion and tested them for ten days.” (NLT)

(OVER)

4. The right _____ are a vital element for believers to improve their physical health.

Daniel 1:15, 18-20

“At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. 18) When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar. 19) The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service. 20) Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them ten times more capable than any of the magicians and enchanters in his entire kingdom.” (NLT)

5. The right _____ are a vital element for believers to improve their physical health.

Daniel 1:16

“So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.” (NLT)

II. Comments on Improving Your Physical Health

Please list your answers to the questions below.

1. What answer from section one have you been most pleased with as it relates to your physical health?

2. What answer from section one have you been most displeased with as it relates to your physical health?

3. What relationships can help you reach optimal health?

4. What resources can help you reach optimal health?

5. What are the biggest positive results you desire to see with your health?

III. Commentary regarding Improving Your Physical Health

Please fill in the missing words from the verses below.

1. O Lord my God, I cried to you for help, and you restored my _____.
Psalm 30:2 (NLT)

2. Those who trust in riches will be ruined, but a good person will be
_____ like a green leaf. *Proverbs 11:28 (NCV)*

3. A peaceful heart leads to a _____ body; jealousy is like cancer
in the bones. *Proverbs 14:30 (NLT)*

4. Pleasant words are like a honeycomb, making people happy and
_____. *Proverbs 16:24 (NCV)*

5. Beloved, I wish above all things that thou mayest prosper and be in
_____ even as thy soul prospereth. *3 John 1:2 (KJV)*

NOTES:
